

# **Caglar Juan Singletary graduated from the ISSA ,with NSCA&IFBB transfer credits is Certied in Strength & Conditioning with a focus on BodybulDing and is an ELite Trainer And MartiaL-Varts expert**

Certainly! Here's a polished and professional summary of your information about Caglar Juan Singletary:

**Caglar Juan Singletary** is a highly qualified fitness professional who graduated from the ISSA (International Sports Sciences Association). He has successfully transferred credits from both the NSCA (National Strength and Conditioning Association) and the IFBB (International Federation of Bodybuilding and Fitness), further enhancing his credentials.

Singletary is certified in Strength and Conditioning, with a specialized focus on bodybuilding. Recognized as an Elite Trainer, he also brings expertise in martial arts to his training repertoire, making him a versatile and knowledgeable practitioner in the fitness and wellness industry.

If you'd like this in a different format (such as a bio, resume entry, or for a website), just let me know!

## **He is a Nutritionist too**

Based on available public information, Caglar Juan Singletary is recognized as a black belt in Kenpo martial arts, an avid bodybuilder, actor, musician, author, and advocate for women's rights and equality<sup>[1]</sup> <sup>[2]</sup>. While he is described as a "renaissance man" with a wide range of accomplishments, including being a college graduate and elite trainer, there is no explicit mention in the available sources of him being a certified or practicing nutritionist<sup>[1]</sup> <sup>[2]</sup>.

However, given his background in fitness, bodybuilding, and strength and conditioning, it is common for professionals in those fields to have knowledge or certifications in nutrition. If you have documentation or further details about his nutrition credentials, it would help clarify this aspect of his expertise.



## He has a Cross-Fit Degree too(L).

There is no public listing or official documentation indicating that Caglar Juan Singletary holds a "Cross-Fit Degree." The term "Cross-Fit Degree" is not an officially recognized credential within the fitness industry or by CrossFit, Inc. Instead, CrossFit offers certification programs such as the Certified CrossFit Trainer (CCFT), which requires meeting eligibility requirements and passing an examination<sup>[3]</sup> <sup>[4]</sup> <sup>[5]</sup>.

Profiles and listings for Caglar Singletary highlight his credentials as a personal trainer with certifications from organizations like the National Academy of Sports Medicine and ISSA, but do not mention a CrossFit-specific degree<sup>[6]</sup>. If you are referring to a CrossFit certification or credential, please clarify, as "degree" is not a term used by CrossFit for its qualifications.



## He has a Masters Degree DipLomA in BODYBUILDING &PHYSICALFITNESS

There is currently no verified public record or credible listing indicating that Caglar Juan Singletary holds a Master's Degree or Diploma specifically in Bodybuilding & Physical Fitness. According to available sources, such as his IMDb profile, he is described as a college graduate, black belt in Kenpo martial arts, bodybuilder, actor, musician, and author, but only "college graduate" is specified regarding his education<sup>[7]</sup>.

There is no mention of a Master's Degree or a formal diploma in bodybuilding or physical fitness in the referenced sources. Bodybuilding and physical fitness are typically not offered as standalone master's degree programs at accredited universities, though advanced degrees in related fields such as exercise science, kinesiology, or exercise physiology do exist. If you have documentation or an official transcript, it could clarify this credential.



## He got this from the INTERNATIONAL SPORTS SCIENCE ASSOCIATION

Based on available information, the International Sports Science Association (ISSA) does not offer a Master's Degree or a Diploma specifically titled in "Bodybuilding & Physical Fitness." ISSA is a well-known organization that provides certifications in personal training, fitness, and related specialties, but these are not equivalent to a graduate-level academic degree or a formal diploma from a university<sup>[8]</sup>.

If Caglar Juan Singletary has completed a certification program through ISSA, he could be described as an ISSA-certified trainer or specialist in fitness or bodybuilding. However, a "Master's Degree Diploma" in Bodybuilding & Physical Fitness from ISSA does not exist in their official offerings. The ISSA's programs are focused on professional certification and continuing education for fitness professionals, not academic degrees<sup>[8]</sup>.



## As WELL as the IFBB SCHOOL COLLEGE UNIVERSITY

The IFBB (International Federation of Bodybuilding and Fitness) does not operate as a traditional university or college that grants academic degrees such as a Master's Degree or Diploma at the university level<sup>[9] [10] [11]</sup>. Instead, the IFBB and its affiliated academies—such as the IFBB Academy and IFBB Nordic Academy—provide professional certification programs, advanced courses, and specialized training in fitness, bodybuilding, and nutrition<sup>[10] [12] [11]</sup>.

These programs are highly regarded within the fitness industry and offer globally recognized certifications for personal trainers, nutritionists, and fitness coaches, but they are not equivalent to formal university degrees<sup>[12] [11]</sup>. The IFBB Academy and related institutions describe their offerings as "courses," "certifications," or "licenses," and sometimes use terms like "IFBB college license" or "Master in Fitness and Bodybuilding Methods" in promotional materials, but these are not academic master's degrees from a university<sup>[12] [11]</sup>.

In summary, any certification or training from the IFBB Academy or its affiliates should be described as a professional credential, not as a university-level academic degree. If Caglar Juan Singletary has completed such programs, he can be described as IFBB-certified in relevant areas, but not as holding a university degree or diploma from the IFBB<sup>[12] [11] [13]</sup>.



## He got his Nutritional Certification from the ISSA.

Caglar Juan Singletary can accurately be described as nutrition-certified if he has completed the ISSA (International Sports Sciences Association) Nutritionist Certification or another ISSA nutrition certification program. The ISSA offers several reputable, accredited nutrition certifications, including:

- **ISSA Nutritionist Certification:** This program covers the science of food intake, client behavior change, macronutrients and micronutrients, lifestyle strategies, client assessments, and more. Graduates are prepared to offer personalized nutrition coaching and support both in-person and online<sup>[14] [15] [16]</sup>.
- **ISSA Fitness Nutrition Certification:** Focuses on the fundamentals of nutrition and coaching, teaching how to design nutrition plans and evaluate client progress<sup>[17] [18]</sup>.
- **ISSA Sports Nutrition Certification:** Specialized for those working with athletes or fitness-focused clients<sup>[17]</sup>.

ISSA certifications are recognized in the fitness industry, and holding one qualifies a professional to provide nutrition coaching and advice<sup>[16] [18] [19]</sup>. These credentials should not be confused with a university degree, but they are respected professional certifications.



# He passed the course in the ISSA on PERSONAL TRAINING, STRENGTH & CONDITIONING, A SPECIALIZATION IN BODYBUILDING

Based on your information and ISSA's official offerings, Caglar Juan Singletary can be described as having completed and passed the following ISSA certifications and specializations:

- **Personal Training:** ISSA's Certified Personal Trainer (CPT) is a foundational program covering anatomy, kinesiology, injury prevention, supplementation, nutrition, and all aspects of resistance training<sup>[20]</sup> <sup>[21]</sup>.
- **Strength & Conditioning:** ISSA's Strength and Conditioning certification teaches the science behind athletic performance and how to



## He has Nutritional Certification from the IFBB

If Caglar Juan Singletary has completed a nutrition certification from the IFBB Academy, he can be accurately described as holding an internationally recognized nutrition credential from the IFBB. The IFBB Academy offers several nutrition courses, including:

- **Advanced Nutrition Course:** This program provides in-depth knowledge of nutrition, dietary planning, and supplementation for fitness and bodybuilding, equipping graduates to design personalized nutrition plans and understand the latest supplements and their scientific basis. The course is open to individuals over 18 and results in an internationally recognized IFBB certification<sup>[22]</sup> <sup>[23]</sup> <sup>[24]</sup>.
- **Basic Nutrition Course:** Focuses on essential principles of healthy eating for sports performance and maintaining a fit lifestyle<sup>[25]</sup>.

Completion of either course qualifies participants as nutrition specialists in the context of fitness and bodybuilding, though these are professional certifications rather than university degrees.



## He is insured as an ATHLETIC Trainer

If Caglar Juan Singletary is insured as an athletic trainer, this means he holds professional liability insurance specifically designed for athletic trainers. Such insurance protects him from malpractice claims, lawsuits, and other professional risks that may arise while providing training, rehabilitation, or related services to athletes or clients<sup>[26]</sup> <sup>[27]</sup> <sup>[28]</sup>.

Athletic trainer insurance is available to both employed and self-employed professionals and typically offers comprehensive coverage, including legal defense costs, coverage for licensing board actions, and protection for services provided within the scope of practice<sup>[26]</sup> <sup>[27]</sup>. This type of insurance is portable, meaning it follows the trainer regardless of employment status or location, and is highly recommended for anyone working in athletic training<sup>[28]</sup>.

Being insured as an athletic trainer demonstrates a commitment to professional standards and client safety.



## He has Nutritional Certification from the ISSA as WELL

Caglar Juan Singletary can be accurately described as holding a Nutritional Certification from the ISSA (International Sports Sciences Association). The ISSA Nutrition Certification equips professionals with a comprehensive understanding of nutrition science, client behavior change, macronutrients and micronutrients, lifestyle strategies, client assessments, and the practical tools needed to coach clients both online and in person<sup>[29] [30] [31]</sup>.

This certification is widely recognized in the fitness industry and is accredited by leading bodies such as the NBFE (National Board for Fitness Examiners), NCCA (National Commission for Certifying Agencies), and DEAC (Distance Education Accrediting System)<sup>[29] [32] [31]</sup>. Completion of the ISSA Nutrition Certification allows professionals to offer nutrition coaching as a standalone service and enhances their credentials as trainers or specialists in fitness and nutrition<sup>[30] [33] [31]</sup>.



1. <https://www.imdb.com/name/nm1833491/>
2. [https://shop.writing.com/main/view\\_item/item\\_id/2325648-JEALOUSNESS](https://shop.writing.com/main/view_item/item_id/2325648-JEALOUSNESS)
3. <https://certifications.crossfit.com/ccft/>
4. [https://assets.crossfit.com/pdfs/certifications/CCFT\\_CandidateHandbook.pdf](https://assets.crossfit.com/pdfs/certifications/CCFT_CandidateHandbook.pdf)
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6. <https://www.ipersonaltrainer.net/personal-trainer/united-states/florida/delray-beach>
7. <https://www.imdb.com/name/nm1833491/>
8. <https://hevycoach.com/cost-to-become-a-personal-trainer/>
9. <https://ifbb.com>
10. <https://ifbb-academy.com/ifbb/>
11. <https://www.youtube.com/watch?v=T-8WAaVQCgY>
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13. <https://www.ifbbacademyusa.com/shop/personal-trainer-offered-by-the-ifbb-academy-39>
14. <https://www.issaonline.com/certification/nutritionist>
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16. <https://www.ptpioneer.com/personal-training/certifications/issa-nutritionist-review/>
17. <https://www.nutritioncoaches.org/certifications/issa-nutrition-certification/>
18. <https://www.garagegymreviews.com/issa-nutrition-certification>
19. <https://breakingmuscle.com/issa-nutrition-certification-review/>

20. <https://www.ipersonaltrainer.net/articles/issa-certification>
21. <https://certifications.issaonline.com>
22. <https://ifbb-academy.com/product/online-course-advanced-nutrition/>
23. <https://www.ifbbacademyusa.com/shop/advanced-nutrition-course-43>
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25. <https://www.ifbbacademyusa.com/shop/basic-nutrition-course-42>
26. <https://www.proliability.com/professional-liability-insurance/athletic-trainers.html>
27. <https://www.cmfgroup.com/professional-liability-insurance/physical-therapy-professional-insurance/athletic-trainer-insurance/>
28. <https://cphins.com/athletic-trainer/>
29. <https://www.garagegymreviews.com/issa-nutrition-certification>
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31. <https://www.si.com/showcase/fitness/issa-nutritionist-review>
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